

Nashville Hot Tofu Sliders

Nashville hot chicken is everywhere, so we created a vegetarian-friendly version. With extra-firm tofu in place of chicken and our own mix of spices, we came up with a taste that we love even more than the original. We're making sliders with chive aioli, a soft, tender bun and roasted fingerling potato fries. Even non-vegetarians will love this dish!

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (1/4 cup)
Butter (3 Tbsp)
Eggs (2)

6 MEEZ CONTAINERS

Pickled Veggies
Fingerling Potatoes
Tofu
Slider Buns
Nashville Hot Spices
Chive Aioli

Good To Know

Health Snapshot Per Serving- 980 Calories, 34g Protein, 104g Carbs, 50g Fat, 27 Freestyle Points

Lightened-up Health Snapshot Per Serving- 670 Calories, 27g Protein, 72g Carbs, 33g Fat, 17 Freestyle Points, by using half of the Chive Aioli and serving the sliders open-faced.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Baked Yellow Tofu, Fingerling Potatoes, Slider Buns, Mayonnaise, Zucchini, Yellow Squash, Rice Wine Vinegar, Red Onion, Sugar, Lemon, Chives, Garlic Brown Sugar, Annatto Powder, Onion Powder, Smoked Paprika, Kosher Salt, Dill, Cayenne Pepper, White Pepper

meez *meals*

1. Get Started

Preheat your oven to 450 degrees. Drain the liquid from the **Pickled Veggies** and line a plate with paper towels.

2. Cook the Roast Fingerling Potato Fries

Slice each **Fingerling Potato** in half the long way, then slice each in half again so you have four long skinny fries per potato. Transfer the fries to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated fries on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 25 minutes.

3. Cook The Tofu

While the potatoes are roasting, whisk 2 eggs in a small bowl and spread ¼ cup of flour on a plate. Pat dry the **Tofu** and lightly sprinkle with salt and pepper. Place the tofu into the egg, shake off any excess, and then place into the flour and coat well on both sides. Heat 2 Tbsp olive oil in a large skillet over medium high heat. Cook the tofu until the coating browns, about a minute on each side. Place the cooked tofu on the paper-towel-lined plate. Wipe out the skillet.

4. Grill the Buns

Add 1 Tbsp of oil to the now empty skillet over medium-high heat. Cook the **Slider Buns**, cut-side down, until they start to brown, about 2 minutes. Remove and set aside. Do not wipe out the skillet.

5. Prepare the Nashville Hot Spices

Return the now-empty skillet to the stove over medium low heat and add 3 Tbsp of butter. When the butter melts, add the **Nashville Hot Spices** and stir until they are coated in butter and turn into a paste-like consistency. Turn off the heat and add the cooked tofu to the skillet. Stir until the tofu is well coated.

6. Put It All Together

Spread a generous helping of the **Chive Aioli** on the bottom bun and place the Nashville Hot tofu on top followed by the pickled veggies and top bun. Serve with the roasted fingerling potato fries. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *